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Defender of Freedom

Shown smaller than actual size of 99 5/8" high.

PRESSURE LOWERED NATURALLY"

A NEW BOOK SHOWS NATURAL WAYS TO LOWER HIGH BLOOD PRESSURE

(By Frank K. Wood)

FC&A, a Peachtree City, Georgia, publisher, has announced the release of a new book for the general public, *"High Blood Pressure Lowered Naturally."*

- ▶ Why eating fruit may help your blood pressure.
- ▶ A startling new discovery at a world famous medical center; the reversal of high blood pressure without prescription drugs.
- ▶ The seven deadly "gremlins" and how to avoid them.
- ▶ What causes high blood pressure?
- ▶ A recent university study that shows that most cases of high blood pressure can be lowered without drugs. 85.3% of patients with high blood pressure were able to quit taking drugs. Check with your physician before discontinuing medication.
- ▶ A food that can make your blood pressure shoot up.
- ▶ "Silent symptoms" of high blood pressure.
- ▶ How a natural plan to lower high blood pressure can help prevent appendicitis, diverticular disease, hemorrhoids and colon cancer.
- ▶ What your doctor doesn't tell you about high blood pressure drugs.



"How many of these little-known health secrets do you know? Could one of them save your health?"

pressure.

- ▶ Activities that make blood pressure "jump."
- ▶ What blood pressure is "normal."
- ▶ How the way the nurse takes your blood pressure can raise or lower the reading.
- ▶ What high blood pressure does in the body.
- ▶ Why blood pressure medicine is over-prescribed.
- ▶ How poisons in the environment can make blood pressure skyrocket.
- ▶ How a change in eating habits can lower your blood pressure.
- ▶ The miserable side effects of high blood pressure drugs, like headaches, poor appetite, upset stomach, dry mouth, diarrhea, stuffy nose, dizziness, tingling or numbness in the hands or feet.
- ▶ How high blood pressure can make a weak body part fail.
- ▶ Why blood pressure is like air pressure in a tire.

To order a copy, just return this notice with your name and address and a check for \$5.99 plus \$2.00 shipping and handling.



"We're so positive that Roach Kill will kill every last roach in your house that we'll send you a free gift just for trying it."

"ROACHES!

I HAD THEM BY THE HUNDREDS, BUT NOW I DON'T HAVE A SINGLE ROACH"

(By J. Robson)

Have you ever seen a roach run out of a bowl as you were about to put food in it? Well, I have. Just turn out the lights and an army of roaches would attack the whole house.

I had tried smelly sprays and other insecticides to get rid of them. But they just kept coming back. Nothing worked for very long, but then . . .

A friend told me about an amazing powder, Roach Kill that killed all her roaches. I tried it, and it worked like a miracle. It killed them all for good. Now I don't have a single roach.

Roach Kill is an odorless, white powder. Roach Kill is applied in seconds from a squeeze bottle behind appliances.

The secret is in the fact that it's odorless. Roaches can't smell it, so they don't avoid it like they avoid smelly spray insecticides. Instead, they walk right over it. They pick up a little bit on their legs and carry it back to their hidden nests in the walls. There, it wipes out the whole colony that breeds new roaches.

It keeps right on working even months after one, and only one, treatment.

Roach Kill is so incredibly effective it has a double-your-money-back guarantee. Roach Kill is guaranteed to wipe out every roach in the house or apartment with one treatment, or we'll send the customer double his money back.

All a customer has to do is return the empty



WHY ARE WE PRACTICALLY
"GIVING AWAY"

"347 WOODWORKING PATTERNS FOR ONLY 2¢ EACH?"

IF YOU LIKE TO CUT PATTERNS OUT OF WOOD, THIS IS THE SET FOR YOU! YOU'LL FIND A TREASURE HOUSE OF IDEAS INSIDE. 347 BEAUTIFUL WOODWORKING PATTERNS AND DESIGNS.

(By Frank K. Wood)

FC&A, a Peachtree City, Georgia, publisher, announced today that it is practically "giving away" an all-new set of *"347 Woodworking Patterns."*

- Curvy curios, charming country cats.
- Sturdy shelves, shadow boxes, showy plaques.
- Victorian ladies and stylish gents.
- Rack up your spices, spice up your den.
- Holders for candles, napkins and canes.
- Folk art, Shaker art, modern art, too.
- Gaggles of geese, or a goose all alone.
- Hanging hearts, huggable bears.
- Doorstop decorations, welcome signs.
- Whizzing whirligigs, models of planes.
- Take flights of fancy with fairies and gnomes.
- Birthday surprises, decorations for major events.
- Dancing bear, prancing pony, soaring eagle.
- Circus animals and barnyard critters.
- Childhood favorites, Noah and the Ark.
- Tulips, bluebirds, springtime motifs.
- Comic cartoons, comfy coat rack.
- Summer garden helpers, lawn deco art.
- Tick-tock clock, chug-along train.
- Pretty jewelry ideas for girls of all ages.
- Picture-perfect frames, potted-plant holders.
- And much, much more.

